**FITNESS CLASSES AVAILABLE AT THE SENIOR CENTER**

All classes are drop in and are $3.25

Beginning Monday, Sept. 23rd @ 10 - 11:00, **Chris Kazlowski** is returning for her **Monday Morning Exercise Classes**. Exercise and light weights are used.

**Tuesday & Thursday Mornings -- YOGA CLASS** **with Kathy Dunn** @ 9:30 - 10:30. Use chair for balance and/or exercise. In this class you practice breathing, balance, stretch, & meditation. You may use your mat if you wish. If necessary, sitting throughout the class is possible.

**Wednesday Afternoon -- QI GONG/TAI CHI CLASS** **with Bill Mazzeo** @ 12:30 – 1:30. This class is a combination of stretching, breathing, posture, & muscle strengthening. Mostly standing, some sitting.

**Choose a class…or choose them all! Staying in shape….keeps you motivated, which… keeps you happy!!**

**All adults are invited to attend.**

The .25c is a donation for our center. Thank you.